



SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

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## FOR IMMEDIATE RELEASE

### Women and Depression

(Sedgwick County, Kansas) – Life is full of emotional ups and downs. But when the “down” times are long lasting or interfere with the ability to function, the serious illness, Depression, may be the cause. Approximately 12 million women in the United States experience clinical depression each year. About one in every eight women can expect to develop clinical depression during their lifetime. Depression occurs most frequently in women aged 25-44 years.

Clinical depression affects mood, mind, body, and behavior. Contrary to popular belief, clinical depression is not a “normal part of being a woman” nor is it a “female weakness” Depression is a treatable medical illness that can occur in any woman, at any time and for various reasons regardless of age, race or income.

No two women become depressed in exactly the same way. Many people have only some of the symptoms, varying in severity and duration. For some, symptoms occur in time-limited episodes; for others, symptoms can be present for long periods of time if no treatment is sought.

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Symptoms of Depression include:

- Persistent sad, anxious, or “empty “ mood
- Loss of interest or pleasure in activities
- Restlessness, irritability, or excessive crying
- Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism
- Sleeping to much or too little
- Appetite and or weight loss or overeating and weight gain
- Decreased energy, fatigue, feeling “slowed down”
- Thoughts of death or suicide, or suicide attempts
- Difficulty concentrating, remembering, or making decisions
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain.

Depression is a treatable illness. And, as with many illnesses, the earlier treatment begins, the more effective and the greater the likelihood of preventing serious recurrences.

“Depression can be a very serious illness,” said Commissioner Ben Sciortino. “We want people to know that Sedgwick County’s COMCARE can provide assistance in obtaining referrals to mental health professionals in Sedgwick County.”

For help in obtaining referrals, call 660-7540 for assistance.

Source: National Institute of Mental Health

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